



## LEARN TO MOUNTAIN BIKE

# *A great stress buster*

Modern life causes a lot of stress, and it can even be seen in schools these days. Learning to manage stress is an essential asset in personal growth. Helping our children learn how to manage stress when they are a young child or a teen is a way of preparing them for a successful life.

What could be better than learning in nature—known for its beneficial effects—while doing an activity where you need to understand your skill level, assess the level of difficulty required and make the right decision? That's what mountain bike instruction has been like for the past 18 years at the LaRocccaXC Mountain Bike School, located at the Creative Wheel Centre. We're spending time outdoors on the move!

### **Nearby in Val-des-Monts**

Located near the Edelweiss Valley ski resort and the Arbraska Laffèche park, this bilingual private mountain bike school is completely dedicated to stress management through contact with nature, for individuals of all ages. The building blocks of our biking instruction are self-respect, respect for others, and respect for nature. At summer camp, children ages 8-16 learn the basics of mountain biking, if they are beginners, along with a few more advanced techniques suited to their learning pace. The Creative Wheel Centre may be run by a former international athlete, but there is no competition at the Centre. Each person is only competing for their own personal best.

The school was built on a 108 acre lot, where 26 km of safe trails have been designed, of varying levels of difficulty. Children are grouped by age and safely guided by experienced monitors who have all received first aid training. In fact, safety begins with the bike itself, which must be in perfect condition. The school therefore teaches bike maintenance and repair. A bike helmet and gloves are mandatory, while bike shorts are also highly recommended.

### **Summer camp you can do over and over**

Summer camp is five days long, and can be repeated as many times as you like. This is what a typical day looks like: a combination of biking and breaks. During the breaks, we may do a bit of archery, introduction to film, trail maintenance, photography, land art, and much more. Several children come back week after week, year after year, because they enjoy summer camp so much.

Friday is a special day at summer camp: the children's families are invited to join us. Biking is not a must on family day. On the other hand, we sometimes see our camp participants initiate their parents to mountain biking using the rentals available on site. Many parents take time off work to come and enjoy the day with their family.



**LaRocccaXC**  
École et centre de vélo de montagne  
Mountain Bike School and Centre

[www.mountainbikeschool.ca](http://www.mountainbikeschool.ca)

*To learn more about this exceptional summer camp,  
visit our web site at [www.creativewheel.ca](http://www.creativewheel.ca) or  
[www.mountainbikeschool.ca](http://www.mountainbikeschool.ca).*